

CLAIMS

1. A method for efficiently exploiting an upstream channel bandwidth of full-duplex connection between a user and network comprising:
 - a) receiving data from said network by at least one user;
 - b) storing said data on said user's storage device for a predetermined period of time for further use; and
 - c) re-transmitting said received data to other users.
2. A method according to claim 1, wherein the re-transmission of said received data to said users is carried out during download time.
3. A method according to claim 1, wherein the re-transmission of said received data to said users is carried out after downloading is completed.
4. A method according to claim 1, comprising:
 - a) receiving said data by said user;
 - b) storing said received data on said user's computer system; and
 - c) re-transmitting said data from the user's location to said users through said upstream channel bandwidth in response to a request or according to pre-defined operation instructions.
5. A method according to claim 1, comprising:
 - a) receiving data on said user's computer system;
 - b) causing said received data to be re-transmitted through said upstream channel bandwidth from said user to a first group of one or more other users;
 - c) causing said received data to be re-transmitted through said upstream channel bandwidth from said first group of users to a further group of one or more other users; and
 - d) repeating step (c) for all said users requesting the same said data.

6. A method according to claim 5, wherein said data is transmitted to said user from a plurality of other users.
7. A method according to claim 5, wherein the transmission of data from a user to one or more other user(s) is carried out with delay.
8. A method according to claim 1, comprising:
- a) receiving data on said user's computer system;
 - b) re-transmitting said received data through said upstream channel bandwidth to a dedicated server for storage; and
 - c) retrieving said stored data from said dedicated server for other purposes.
9. A system for managing data flow in a data network, comprising:
- a) a coordination center for tracking data entities distributed over said data network;
 - b) a plurality of users having computer means connected to said data network via a full-duplex connection, said computer means comprising or being coupled to memory means; and
 - c) software and/or hardware means for re-transmitting data from the computer of each user via the upstream channel of ~~his~~ full duplex connection to other users connected to said network. *User*
10. A system according to claim 9, wherein the coordination center comprises storage means and software/hardware component for storing information related to the data passed through the network and for data retrieval.
11. A system according to claim 9, wherein the users are provided with software/hardware components, suitable to re-transmit the data received in said user's computer to the other users on the network

pre-defined operation instructions.

13. A method for efficiently exploiting an upstream channel bandwidth of full-duplex connection between a user and network, essentially as described and illustrated.

Variable	Unit	Mean	SD	Min	Max
Age	Years	54.2	10.5	35	75
Gender	Male/Female	50/50			
Education	Years	12.5	2.5	8	18
Income	\$/Year	25,000	15,000	10,000	50,000
Health	Good/Bad	60/40			
Marital Status	Married/Single	70/30			
Occupation	Various	15	5	1	30
Smoking	Yes/No	30/70			
Alcohol	Yes/No	20/80			
Exercise	Yes/No	40/60			
Stress	High/Low	50/50			
Sleep	Hours/Day	7.5	1.5	5	9
Diet	Healthy/Unhealthy	60/40			
Family Size	Children	2.5	1.5	0	5
Home Ownership	Yes/No	70/30			
Commute Time	Minutes	25	15	10	45
Neighborhood Safety	High/Low	60/40			
Public Transportation	Yes/No	30/70			
Local Services	Good/Bad	50/50			
Crime Rate	Low/High	40/60			
Weather	Good/Bad	50/50			
Local Economy	Strong/Weak	60/40			
Local Government	Effective/Ineffective	50/50			
Local Culture	Rich/Poor	50/50			
Local History	Interesting/Boring	50/50			
Local Landmarks	Many/Few	50/50			
Local Parks	Many/Few	50/50			
Local Schools	Good/Bad	50/50			
Local Hospitals	Good/Bad	50/50			
Local Shopping	Good/Bad	50/50			
Local Restaurants	Good/Bad	50/50			
Local Entertainment	Good/Bad	50/50			
Local Transportation	Good/Bad	50/50			
Local Infrastructure	Good/Bad	50/50			
Local Environment	Good/Bad	50/50			
Local Climate	Good/Bad	50/50			
Local Air Quality	Good/Bad	50/50			
Local Water Quality	Good/Bad	50/50			
Local Noise Level	High/Low	50/50			
Local Light Pollution	High/Low	50/50			
Local Heat Island Effect	High/Low	50/50			
Local Urban Sprawl	High/Low	50/50			
Local Traffic Congestion	High/Low	50/50			
Local Parking Availability	High/Low	50/50			
Local Public Space	High/Low	50/50			
Local Green Space	High/Low	50/50			
Local Biodiversity	High/Low	50/50			
Local Ecosystem Health	High/Low	50/50			
Local Natural Resources	High/Low	50/50			
Local Cultural Heritage	High/Low	50/50			
Local Historical Landmarks	High/Low	50/50			
Local Archaeological Sites	High/Low	50/50			
Local Historical Buildings	High/Low	50/50			
Local Historical Districts	High/Low	50/50			
Local Historical Parks	High/Low	50/50			
Local Historical Monuments	High/Low	50/50			
Local Historical Landmarks	High/Low	50/50			
Local Historical Sites	High/Low	50/50			
Local Historical Buildings	High/Low	50/50			
Local Historical Districts	High/Low	50/50			
Local Historical Parks	High/Low	50/50			
Local Historical Monuments	High/Low	50/50			
Local Historical Landmarks	High/Low	50/50			
Local Historical Sites	High/Low	50/50			
Local Historical Buildings	High/Low	50/50			
Local Historical Districts	High/Low	50/50			
Local Historical Parks	High/Low	50/50			
Local Historical Monuments	High/Low	50/50			
Local Historical Landmarks	High/Low	50/50			
Local Historical Sites	High/Low	50/50			
Local Historical Buildings	High/Low	50/50			
Local Historical Districts	High/Low	50/50			
Local Historical Parks	High/Low	50/50			
Local Historical Monuments	High/Low	50/50			
Local Historical Landmarks	High/Low	50/50			
Local Historical Sites	High/Low	50/50			
Local Historical Buildings	High/Low	50/50			
Local Historical Districts	High/Low	50/50			
Local Historical Parks	High/Low				